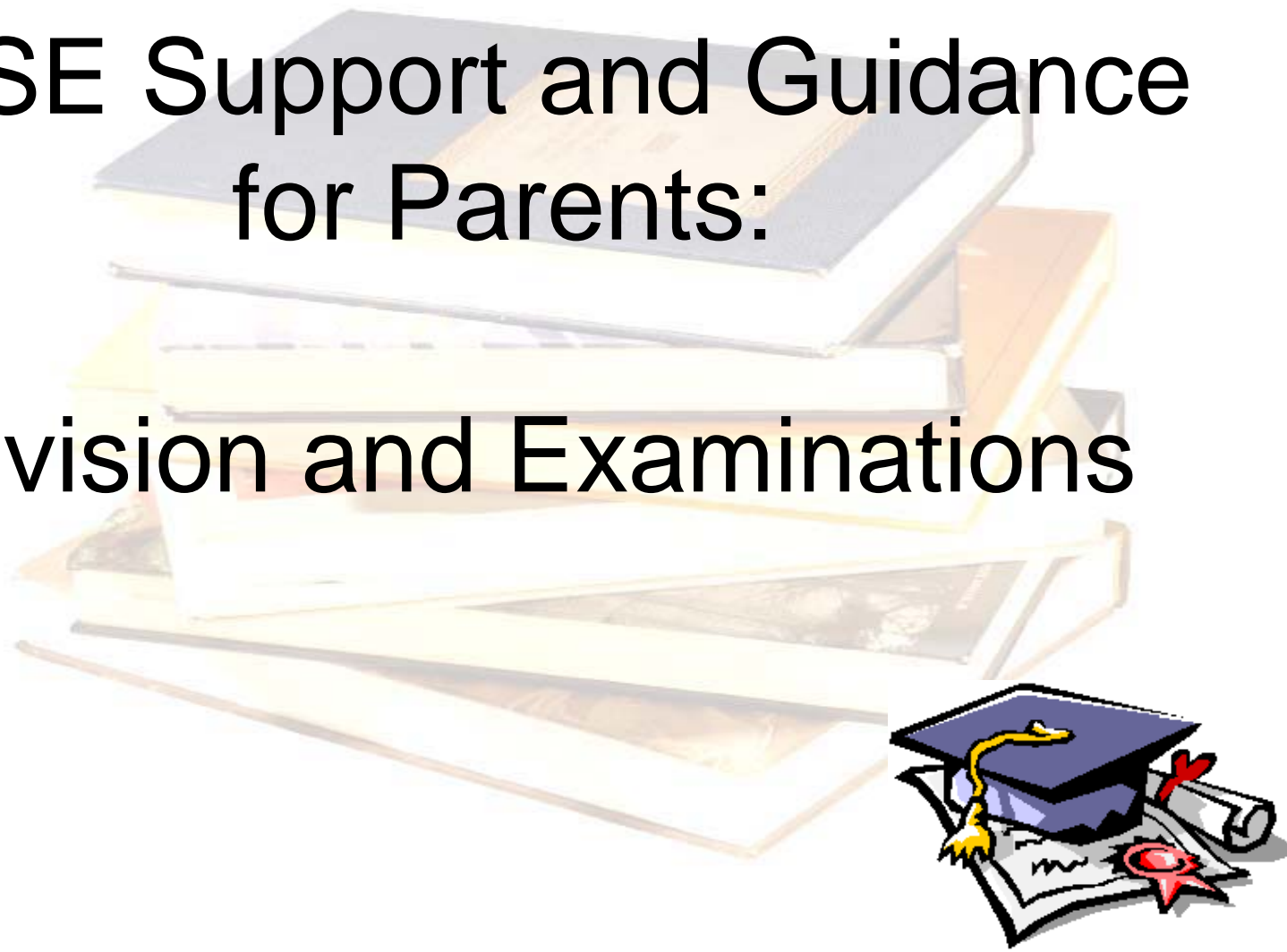




GCSE Support and Guidance  
for Parents:

Revision and Examinations





- Main body of exams begin:

**Monday 13 May 2019**

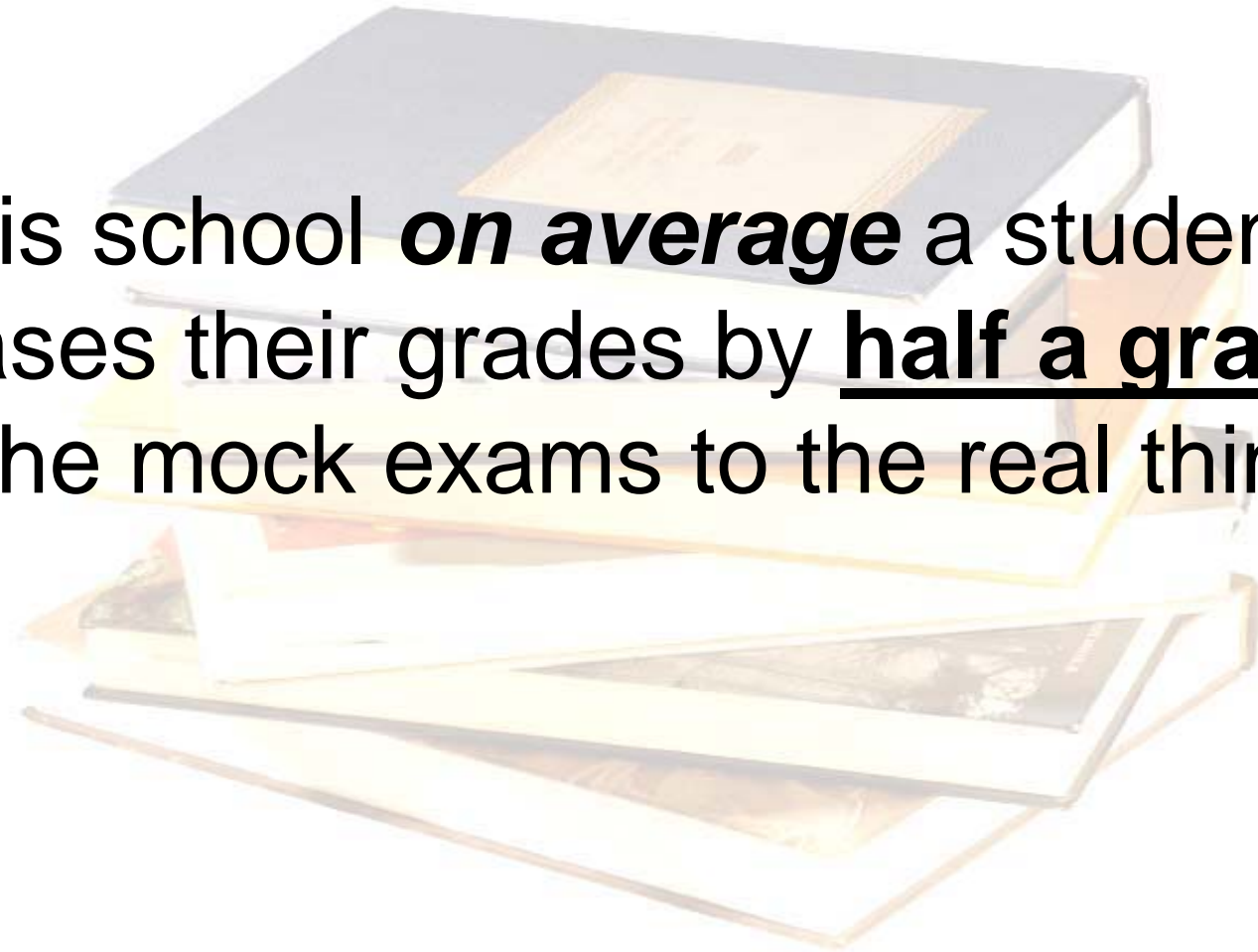
**Mocks: Monday 19<sup>th</sup> November**





# Mocks: Monday 19<sup>th</sup> November

In this school ***on average*** a student increases their grades by **half a grade** from the mock exams to the real thing.

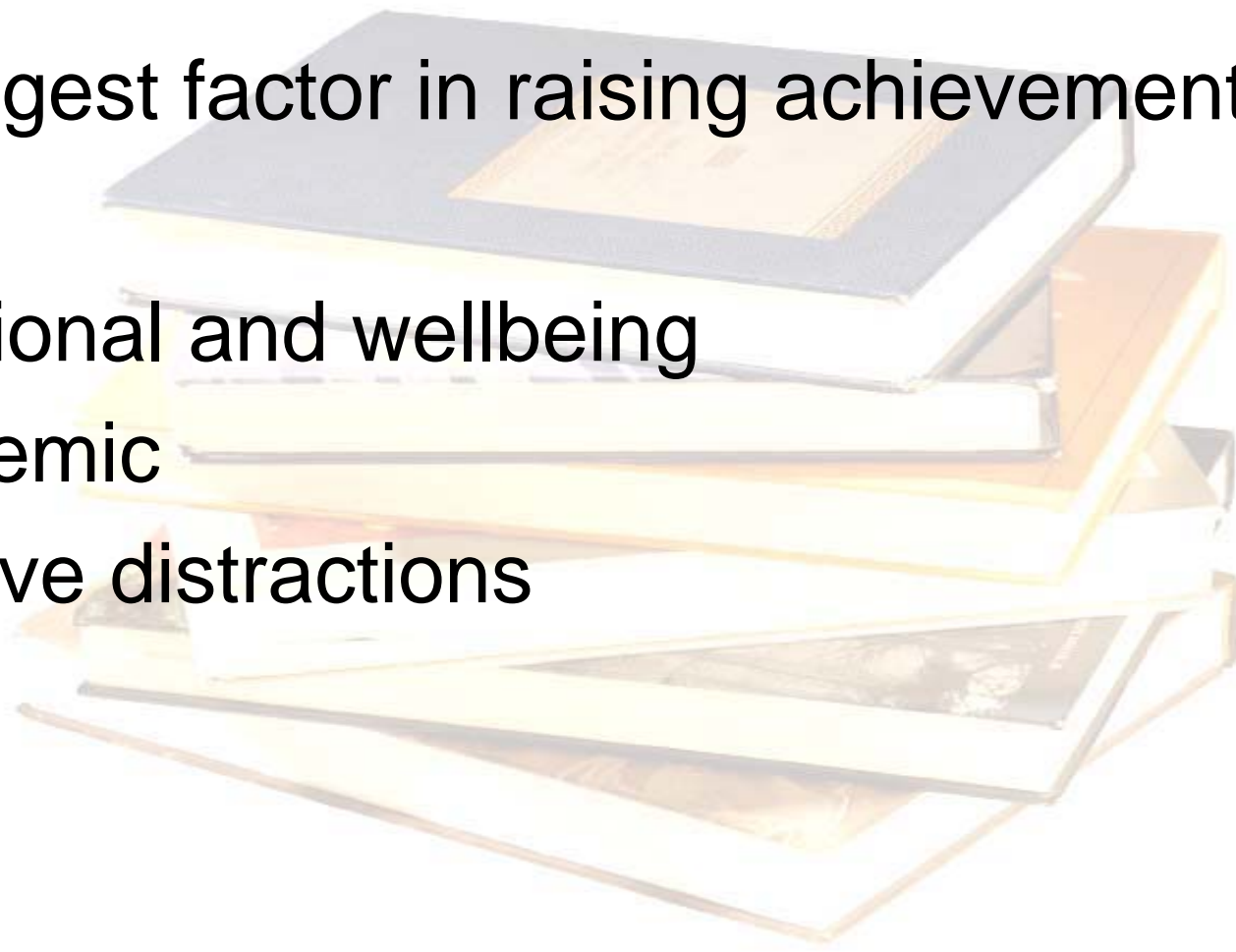




# Parental Engagement

The biggest factor in raising achievement!

- Emotional and wellbeing
- Academic
- Positive distractions





# General Advice for Parents

- **Communication** *“How can we support you with revision?”*
- **Balance** between work and social life.
- **Reward** structure to motivate.
- Clear **boundaries** and **expectations**.
- Falling behind – try to be **flexible**.
- **Facebook, XBOX... Go Off Line!**



# Supporting your son in **preparing** for revision

- What would he find helpful?
- The simplest things often get in the way of starting revision – a revision pack.
- Revision guides for each subject and a timetable.
- Help your son to plan topic lists.
- Nominate a quiet place for revision.
- Provide an area where work and revision notes can be kept safely.
- Relaxation time and plenty of rest.





# Support when **doing** the revision

- Try to stick to the revision plan but be flexible!
- Provide snacks and water for revision periods.
- Keep up with regular 'check-ins'.
- Pre-agreed rewards for reaching a goal/target.
- Be aware of the pressure your son will be feeling – he might not look under pressure!
- Anxiety management– there are a range of strategies and techniques!



# Health Tips

- Exams and revision are hard work.
- The right fuel e.g. fresh fruit and vegetables.
- Caffeine vs Water.
- Regular exercise and breaks.
- A good nights sleep.





# Revision Timetables





# Revision Checklist

Subject: Maths

Sheet Number: 1

Topic	Notes	1	2	3
<b>Percentages</b>				
<b>Pythagoras</b>				
<b>Simultaneous Equations</b>				
<b>Trigonometry</b>				



Day	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon							
Tues							
Wed							
Thurs							
Fri							



## REVISION TIMETABLE

Week Commencing:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am							
10:00am							
11:00am							
12:00am							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							

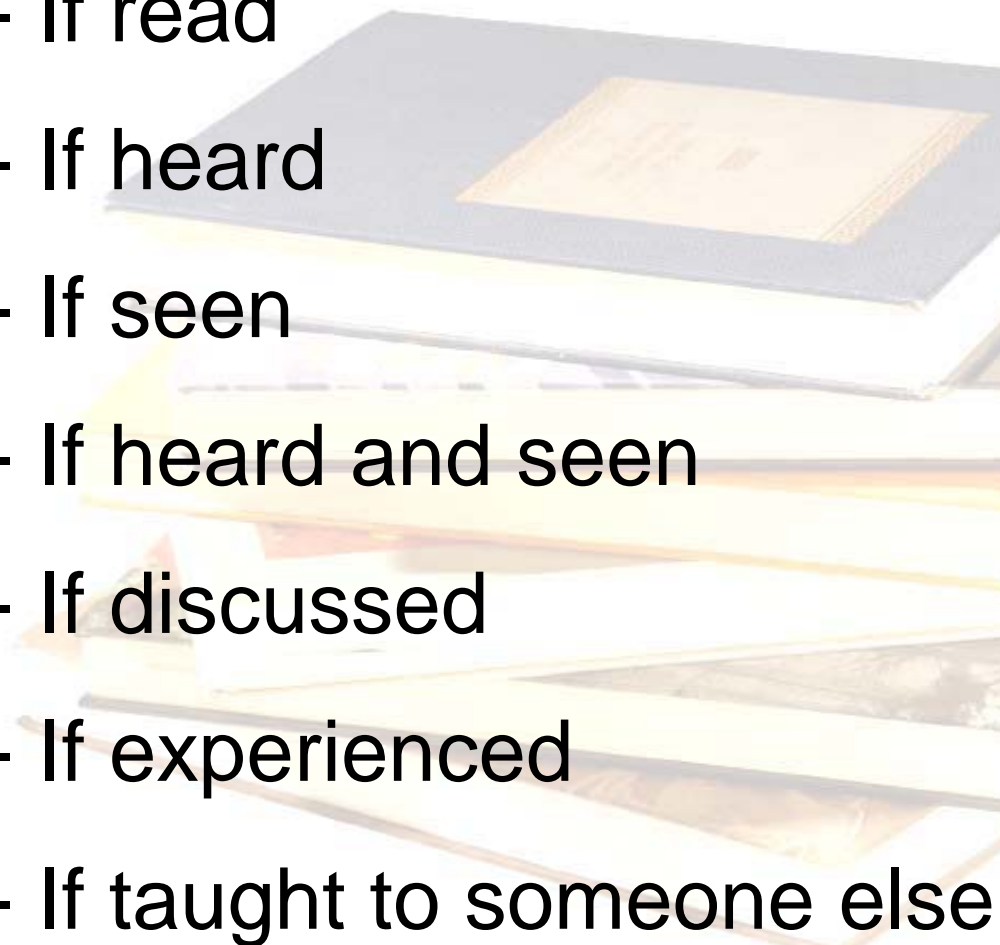


# Revision Timetable

	11.00 – 11.45	12.00 – 12.45	1.00 – 1.45	1.45 – 3.00	3.00 – 3.45	4.00 – 4.45	4.45 – 6.00	6.00 – 6.45
Monday	English Lang.	Maths	RE	<b>Lunch</b>	Physics	English Lit.	<b>Evening Meal</b>	French
Tuesday	Biology	History	Graphic Prods	<b>Lunch</b>	English Lang.	Maths	<b>Evening Meal</b>	RE
Weds.	Physics	English Lit.	French	<b>Lunch</b>	Biology	History	<b>Evening Meal</b>	Graphic Prods
Thursday	English Lang.	Maths	RE	<b>Lunch</b>	Physics	English Lit.	<b>Evening Meal</b>	French
Friday	Biology	History	Graphic Prods	<b>Lunch</b>	RE	French	<b>Evening Meal</b>	English Lang.
Saturday	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Lunch</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>
Sunday	Maths	RE	Physics	<b>Lunch</b>	English Lit.	French	Biology	History



# Remembering Information

- 10% - If read
  - 20% - If heard
  - 30% - If seen
  - 50% - If heard and seen
  - 70% - If discussed
  - 80% - If experienced
  - 90% - If taught to someone else
- 





# Working Memory

- What is your current limit??





## For example, turn...

- Linear notes into **mind maps**
- Mind maps into linear notes
- **Diagrams** into words
- Words into diagrams
- Notes into a **spoken explanation**
- 2 pages of notes into 1 page
- 1 page into a **postcard**



# Key Resources

- Websites e.g. *Get Revising, Revision World*
- Topic PowerPoint presentations
- Record notes to create a Podcast
- Revision guides (we sell these!)
- Revision groups- face to face/ WhatsApp etc. (and parents!)
- Past papers and mark schemes
- YouTube e.g. *My GCSE Science, Hegarty Maths*
- Phone Apps e.g. Exam Count Down, Cram, Memrise



# Techniques to boost your memory...





# Repetition

- Repetition
  - Technique for remembering facts in which you read, write and say the facts a number of times.
- Use Repetition
  - When you want to remember a few facts, usually not more than 4-5.
- How to use Repetition
  - Read the facts
  - Write the facts
  - Say the facts
  - Repeat the steps three or four times
- Practice - *Find different ways to learn the same thing.*



# Grouping

- Grouping
  - Technique for remembering facts that go together in some way.
- Use Grouping
  - When you want to remember facts that can be placed in groups or categories.
- How to use Grouping
  - Look for ways that facts can be remembered or grouped together.
  - Write a name for each group.
  - Write the facts that go with each group.
- Practice





# Acronym Words

- Acronym
  - Technique for remembering facts by forming a word using the first letter of each fact to be remembered.
- Use Acronym
  - When you want to remember facts where the first letters can be arranged to form a real or nonsense word that can be pronounced.
- How to use Acronym
  - Write the facts
  - Underline the first letter of each fact
  - Arrange the underlined letters to form a real word or nonsense word that can be pronounced
- Practice



# Acronym Sentence

- Acronym Sentence
  - Technique for remembering facts by creating a sentence from words whose first letters help you remember facts.
- Use Acronym Sentence
  - When you want to remember a number of facts that are difficult to remember using the acronym or abbreviation techniques.
- How to use Acronym Sentence
  - Write the facts.
  - Underline the first letter of each fact.
  - Create and write a sentence using words that begin with the underlined letters.
- Practice

Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto  
My Very Efficient Memory Just Stores Up Nine Planets



# Regular Reviews of Information

- *SHORT-TERM MEMORY*
  - Holds up to seven ideas at once
- *WORKING MEMORY*
  - Repeats and embeds ideas or information
- *LONG-TERM MEMORY*
  - Your mental 'filing cabinet'
  - Keep reviewing so it sticks...

Review after.....

- A month
- A week
- 24 hours
- Just before the exam



# Learning Scientist

## 6 strategies for effective learning





# Anxiety

Anxiety is a feeling of fear or panic. Feeling generally anxious sometimes it is normal. Most people worry about something - money or exams - but once the difficult situation is over, you feel better and calm down.

If the problem has gone but the feeling of fear or panic stays or even gets stronger, that's when anxiety becomes a problem.

**1 in 6 teenager will suffer from anxiety** ([www.youngminds.org.uk](http://www.youngminds.org.uk))







# Possible Symptoms

## **Cognitive Symptoms**

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

## **Emotional Symptoms**

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation

## **Physical Symptoms**

- Aches and pains
- Nausea, dizziness
- Butterflies
- Chest pain, rapid heartbeat
- Frequent colds

## **Behavioural Symptoms**

- Eating more or less
- Sleeping problems
- Isolating yourself
- Procrastinating or neglecting responsibilities

**Remember everyone experiences stress differently and on different levels**





# What can you do?

## **Recognise stress indicators**

*Think about the list on the previous slide*



## **Take regular planned breaks**

- *Factor breaks into the study timetable 5-10 minutes every 30-45 mins*

## **Challenge any negative thoughts-**

- *Don't feel that you have failed before you have started.*
- *(STOPP)*

## **Talk to someone about how you feel- don't bottle it up**

- *Parents, Teachers, Student Mentors.*

***The vital thing is to do something!***



# STOPP

## **STOPP**

### **TAKE A BREATH**

**OBSERVE:** What am I thinking?  
What am I reacting to?  
What am I feeling in my body?

**PULL BACK:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?

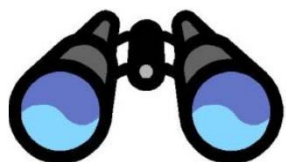




Stop and step back from the situation, in your mind

Take a BREATH

OBSERVE



- What's happening?
- What am I reacting to?
- What am I thinking and feeling?
- What are the words that my mind is saying?
- What physical sensations do I notice in my body?
- Where is my focus of attention?

*Breathe slowly once or twice*



PULL BACK

PUT IN SOME PERSPECTIVE

- Is this fact or opinion?
- What would someone else see and make of it?
- What meaning am I giving this event for me to react in this way?
- Is my reaction in proportion to the actual event?
- What will be the consequences of my action?



PRACTISE WHAT WORKS

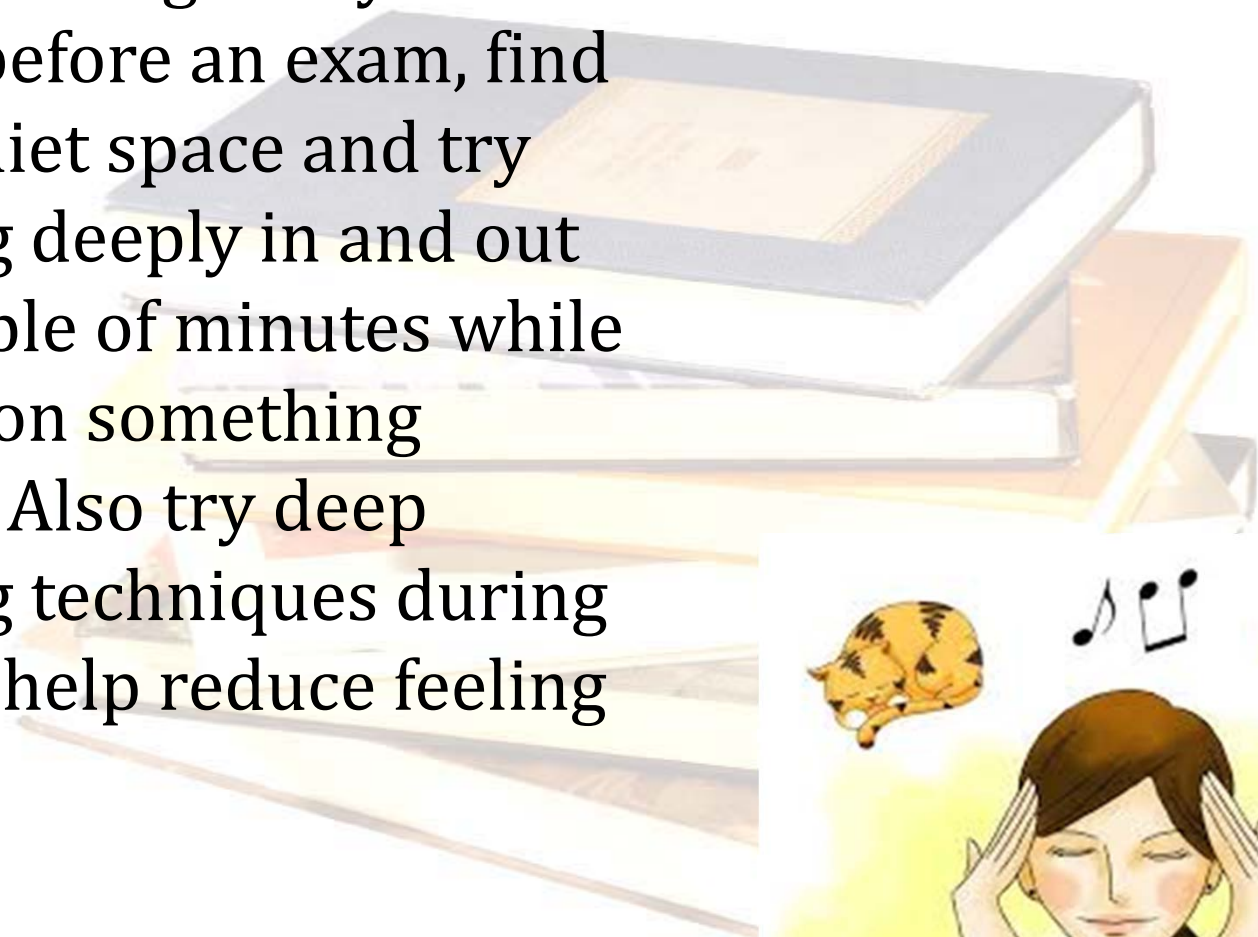


- What can I do that will be most helpful?
- Will it be effective and appropriate?
- Is it in keeping with my values and principles?
- What is best thing to do, for me, for others, for the situation?

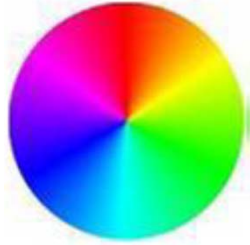


## Try relaxation techniques

If you're feeling really anxious before an exam, find a calm quiet space and try breathing deeply in and out for a couple of minutes while focusing on something pleasant. Also try deep breathing techniques during exams to help reduce feeling panicked







# Colour Breathing

- ❖ Close your eyes, and bring your attention to your breathing.
- ❖ Now visualise your colour,. See it in front of you, over you, surrounding you, enveloping you.



- ❖ As you slowly breathe, become aware of breathing in your colour, into your nose, your throat, your chest and abdomen.
- ❖ Imagine now that colour spreading out within you, into every part of your body, and notice the effects that it has.

- ❖ Notice how the colour is affecting your body, and your mind, as you allow it to gently flow and infuse your body and mind.
- ❖ Anytime that your attention wanders, simply notice that it's wandered, then gently bring your focus back to your colour.

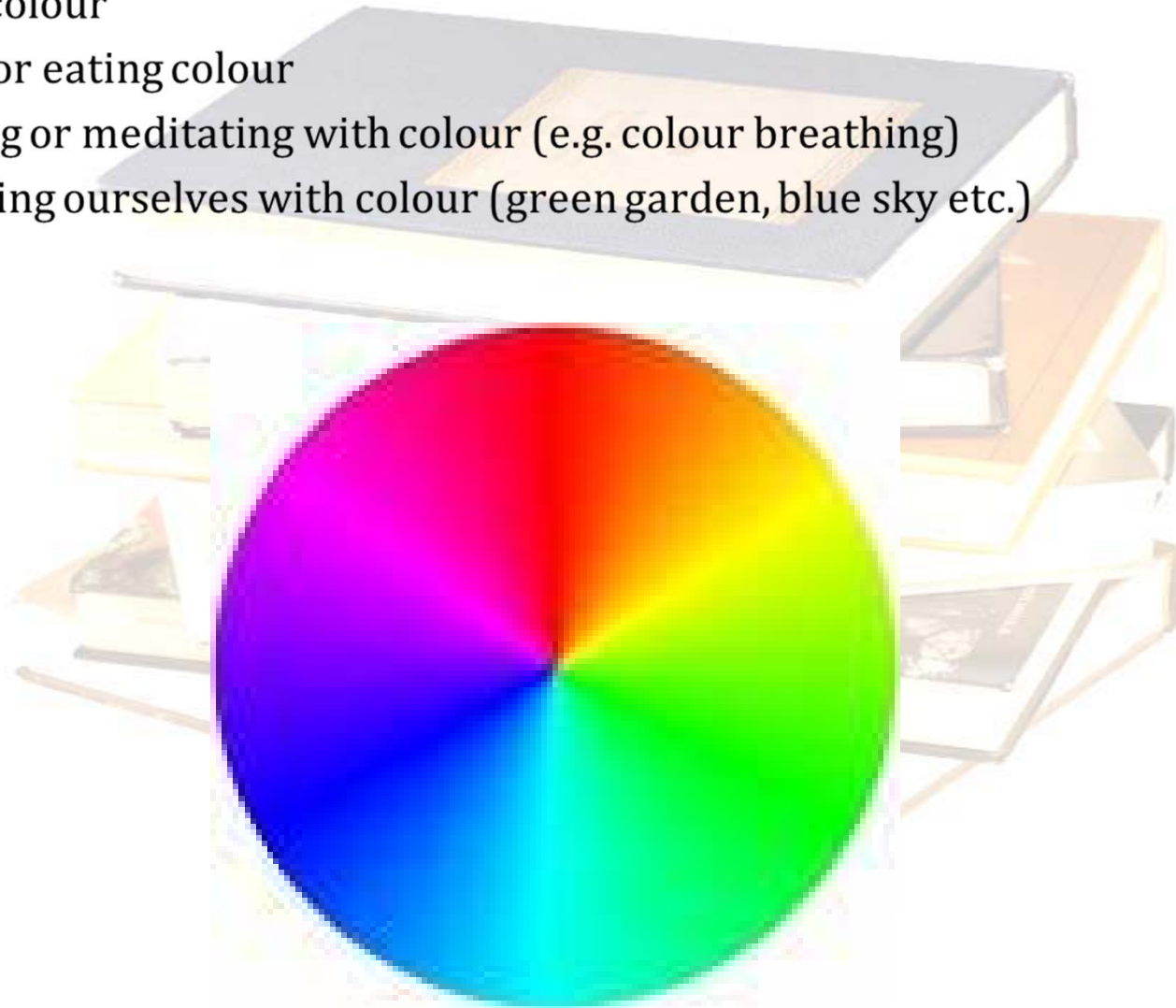




## Colour for Mental Health

We can use colour to help influence our emotions and ability to cope, by:

- Wearing colour
- Drinking or eating colour
- Visualising or meditating with colour (e.g. colour breathing)
- Surrounding ourselves with colour (green garden, blue sky etc.)







# The Wonderful Web

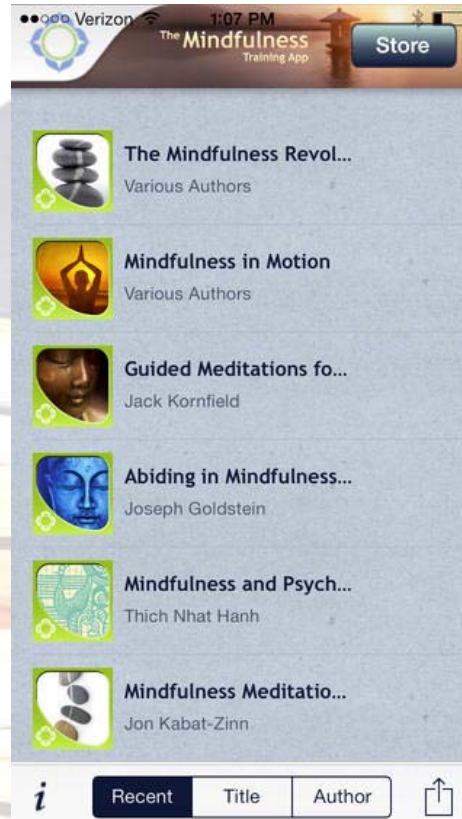


Headspace... help you train your mind

**Hello Mind**



Guided exercises focus on anxiety, fears and phobias, and confidence, among other things.



Free Meditation App



Smiling Mind  
mindfulness meditation  
accessible to all.



SAM Anxiety Management App





# Where to get help out of school?

## **No Panic**

[www.nopanic.org.uk](http://www.nopanic.org.uk)

No Panic are the people to call if you are suffering from panic attacks, OCD, phobias, and other related anxiety disorders.

Helpline: 0844 967 4848 (Daily 10:00 – 22:00 Charges apply)

Youth Helpline for 13 - 20 yr olds: 0330 606 1174 (Mon - Fri 15:00 – 18:00 Charges apply)

Having a panic attack? Crisis number with recording of a breathing technique: 01952 680835 (24 hr)

Email: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

## **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

If you're under 19 you can confidentially call, email or chat online about any problem big or small

Freephone 24h helpline: 0800 1111

[Sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address

Chat 1:1 with an [online advisor](#)

## **The Mix**

[www.themix.org.uk](http://www.themix.org.uk)

If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Freephone: 0808 808 4994 (13:00-23:00 daily)

## **Kooth**

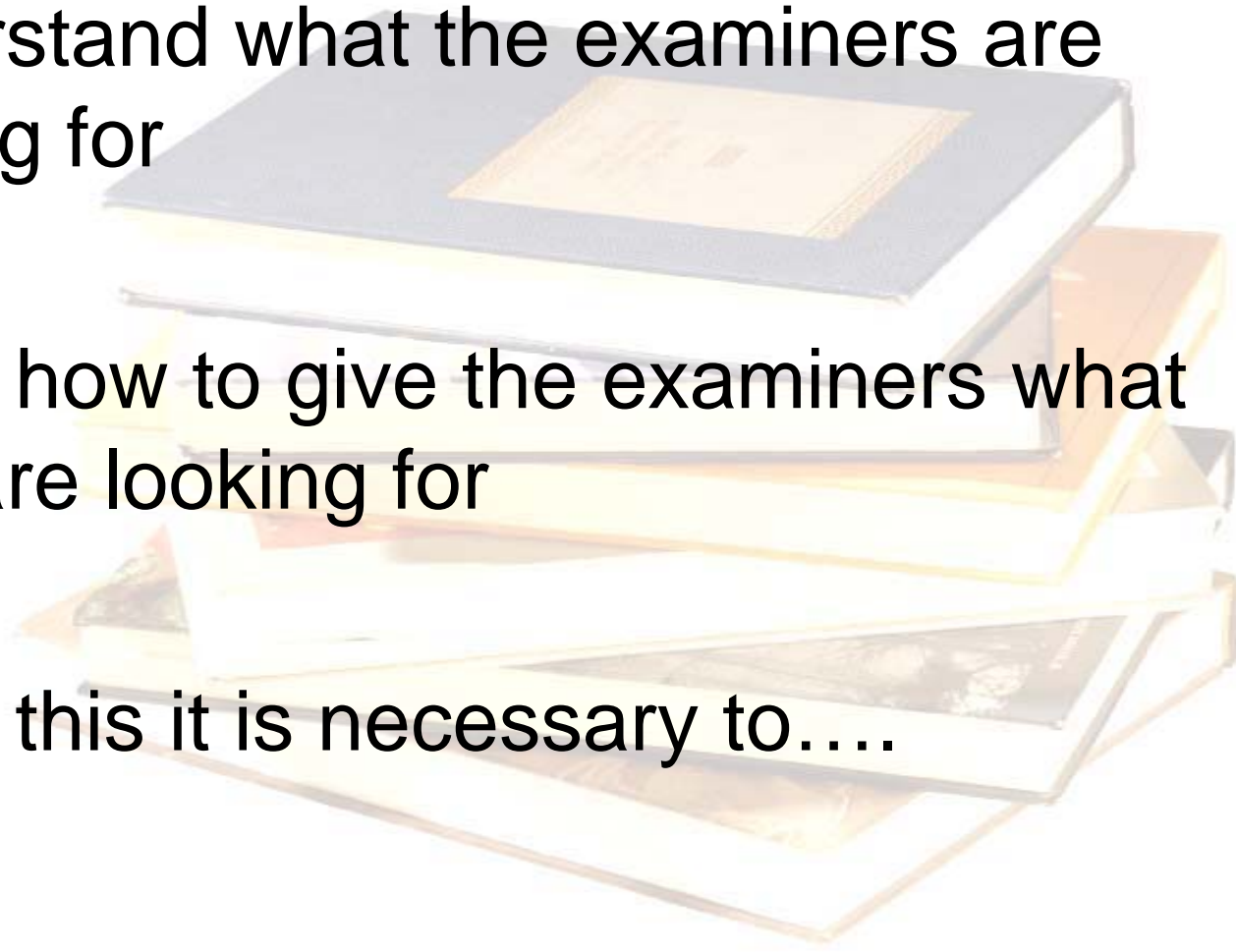
<https://kooth.com/> Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm (online only)

Free, safe and anonymous online support for young people. XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



# The 'Exam Game'

- Understand what the examiners are looking for
- Learn how to give the examiners what they are looking for
- To do this it is necessary to....





# Exam Skills

❖ Understand how the exam papers are structured:

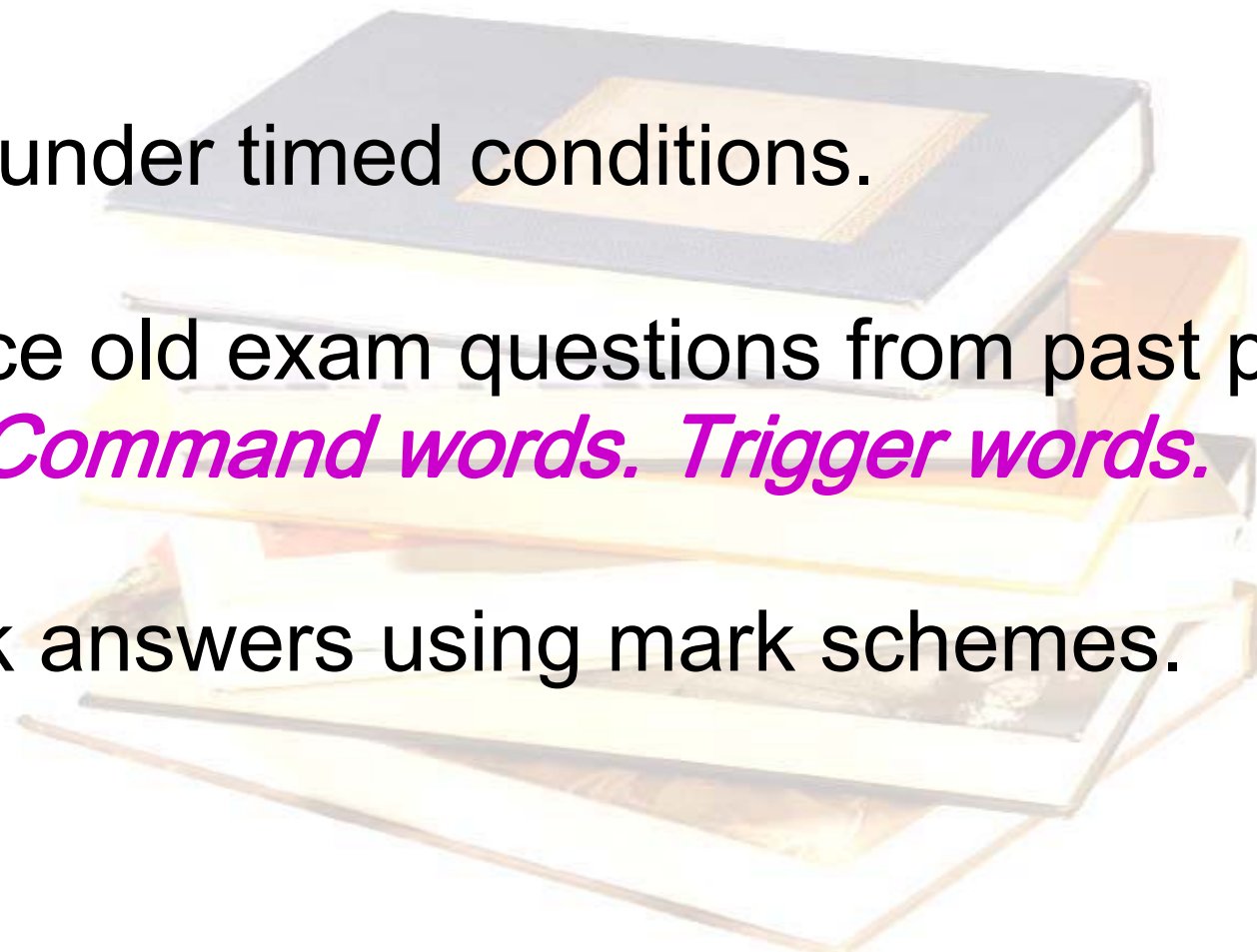
- a) How long is the exam?
- b) How many questions do you have to answer?
- c) What format are the exam questions in?
- d) How are the marks divided?
- e) How are the exams marked?

❖ It is also necessary to.....



# Exam Skills

- Practice in realistic conditions.
- Work under timed conditions.
- Practice old exam questions from past papers.  
*Command words. Trigger words.*
- Check answers using mark schemes.

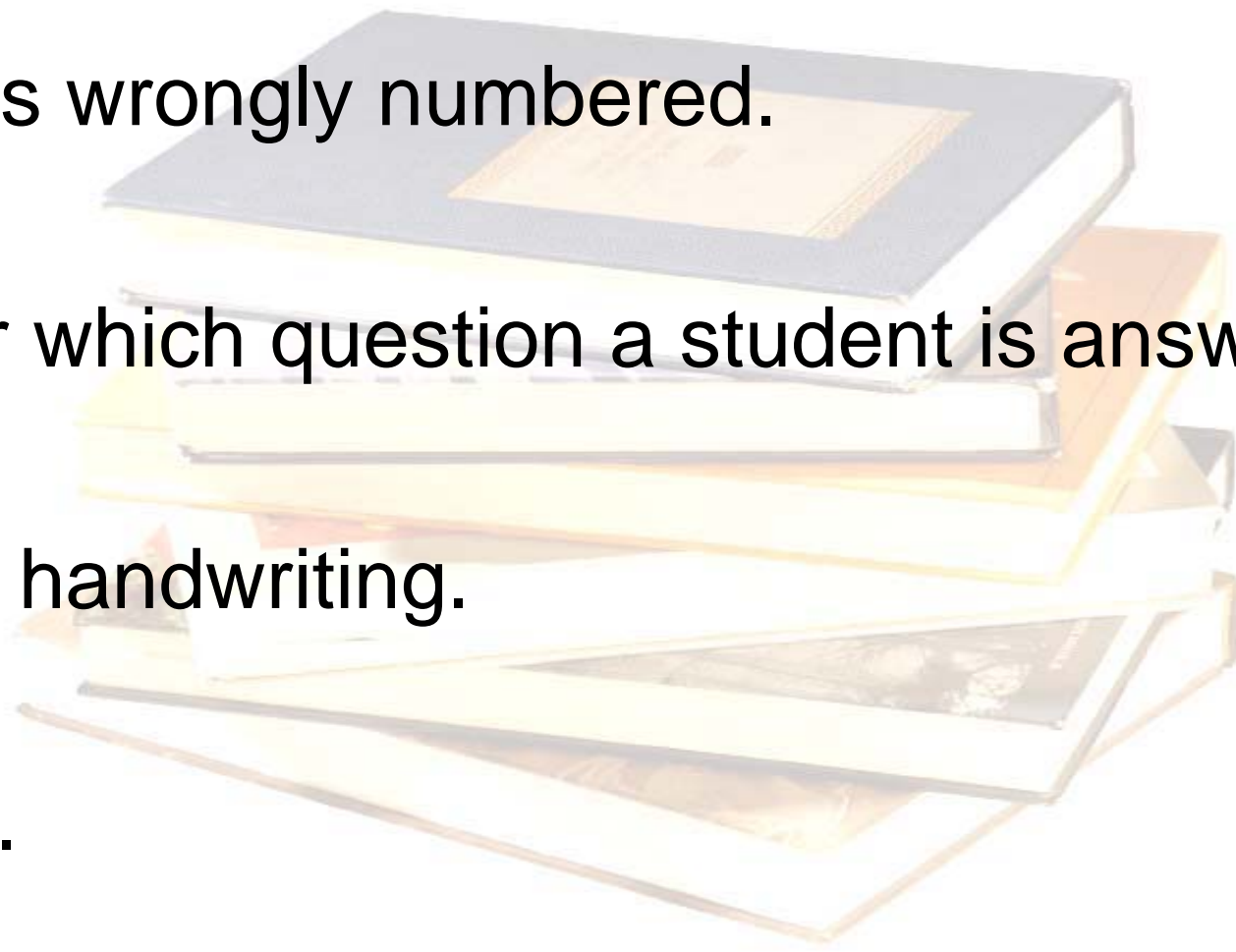






# Common irritations for examiners

- Answers wrongly numbered.
- Unclear which question a student is answering.
- Difficult handwriting.
- 'Waffle'.





# On the day...

- Eat breakfast.
- Arrive promptly for the exam.
- Avoid too much conversation with friends.
- Have a glucose sweet just before the exam.
- Use the anxiety techniques we now know.





Exam results released on

**Thursday 22<sup>nd</sup> August 2019**

Mock results: 18<sup>th</sup> December

How would you feel if they  
were the real thing?





- If it is not possible for your son to collect the results:
  - a) A named and stamped addressed envelope brought into school.
  - b) A signed letter from your son giving permission for a named person to collect his results.